CLAIMS:

1. A method for regulating a menstrual cycle comprising administering a selective progesterone receptor modulator during a first dosing period and at least one progestogen during a second dosing period.

2. The method of claim 1 wherein the first dosing period is between about 1 month and about 12 months.

3. The method of claim 2 wherein the second dosing period is between 1 day and 31 days.

4. The method of claim 3 wherein the second dosing period begins the first day after the first dosing period ends.

5. The method of claim 1 wherein the first dosing period and second dosing period overlap for at least one day.

6. The method of claim 1 wherein the SPRM is administered in an amount between 0.125 mg and 100 mg per day during the first dosing period.

7. The method of claim 6 wherein the progestogen is administered in an amount between 0.01 mg and 100 mg per day during the second dosing period.

8. The method of claim 1 wherein the SPRM is selected form the group consisting of 11β-[4-(hydroxyiminomethyl)phenyl]-17β-methoxy-17α-(methoxymethyl)estra-4,9-dien-3-one (asoprisnil), 11β-[4-(hydroxyiminomethyl)phenyl]-17β-hydroxy-17α-(methoxymethyl)estra-4,9-dien-3-one (J912), and 11β-[4-[(ethylaminocarbonyl)-

oximinomethyl]phenyl]-17β- methoxy-17α-(methoxy-methyl)estra-4,9-dien-3-one (J956) as well as pharmaceutically acceptable salts thereof.

9. The method of claim 1 wherein the progestogen is selected from the group consisting of medroxyprogesterone, cyproterone, drospirenone, dydrogesterone, dienogest, noresthisterone, levonorgestrel, gestodene, promegestone, trimegestone, and pharmaceutically acceptable salts thereof.

10. The method of claim 9 wherein the method further comprises administering an estrogen during the second dosing period.

11. A method of treating a gynaecological disorder comprising administering to a patient a SPRM for a first dosing period, wherein the improvement comprises administering at least one progestogen during a second dosing period.

12. The method of claim 11 wherein the first dosing period is between about 1 month and 12 months and the second dosing period is between 1 day and 31 days and the second dosing period begins the day following the first dosing period.

13. The method of claim 12 wherein the SPRM is selected form the group consisting of 11β-[4-(hydroxyimino-methyl)phenyl]-17β-methoxy-17α-(methoxymethyl)estra-4,9-dien-3-one (asoprisnil), 11β-[4-(hydroxyimino-methyl)phenyl]-17β-hydroxy-17α-(methoxymethyl)estra-4,9-dien-3-one (J912), and 11β-[4-[(ethylaminocarbonyl)-oximinomethyl]phenyl]-17β- methoxy-17α-(methoxy-

methyl)estra-4,9-dien-3-one (J956) as well as pharmaceutically acceptable salts thereof.

14. A kit comprising a SPRM and at least one progestogen.

15. The kit of claim 14 wherein the SPRM is selected form the group consisting of 11β-[4-(hydroxyiminomethyl)phenyl]-17β-methoxy-17α-(methoxymethyl)estra-4,9-dien-3-one (asoprisnil), 11β-[4-(hydroxyiminomethyl)phenyl]-17β-hydroxy-17α-(methoxymethyl)estra-4,9-dien-3-one (J912), and 11β-[4-[(ethylaminocarbonyl)-oximinomethyl]phenyl]-17β- methoxy-17α-(methoxymethyl)estra-4,9-dien-3-one (J956) as well as pharmaceutically acceptable salts thereof; and the progestogens are selected from the group consisting of progesterone and any other synthetic progestin as well as their pharmaceutically acceptable salts and combinations of the foregoing.